Men's Health PRESENTS

A MAN, A CAN, A PLAN

50 GREAT GUY MEALS EVEN YOU CAN MAKE!

BY DAVID JOACHIM
AND THE EDITORS OF Men's Health

A MAN, A CAN, A PLAN

JOACHIM

RODALE

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RODALE

WE **INSPIRE** AND **ENABLE** PEOPLE TO IMPROVE
THEIR LIVES AND THE WORLD AROUND THEM

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Man, You Can

"Men don't cook." People tell me this all the time. That's a load of bull—we've been charring giant slabs of meat ever since we discovered fire.

The difference now is that we have better things to do. Why slave over a hot stove when we could be cooking up plans for a golf outing? Or warming up at the gym? Or making things sizzle in the bedroom?

Here's why: because sometimes you want a break from the local Burger-Rama. Sometimes you want a decent home-cooked meal.

Not worth it, you say? It is if you use the can. The can is fast. The can is healthy. It's even cheaper than that Burger-Rama mega-deal. The can holds the secret to every great guy meal.

When you come home from an insane day at work and open the fridge to find nothing but a slice of 3-week-old pizza, remember the can. If the guys are coming over to watch the game and you need some food to throw at the TV, turn to the can. When your girl insists that *you* cook something for a change, you've got it in the can.

With the recipes in this book, you can easily whip up 50 simple, healthy meals. This food does everything from prevent heart disease and prostate cancer to boost your immune system and energy levels. And it tastes damn fine, too. You don't need a culinary degree to make it. You don't need any fancy ingredients. All you need is a can opener—and an appetite. No problem, right?

Size (Usually) Doesn't Matter

Different manufacturers package the same foods in slightly different-size cans. For sanity's sake, I've rounded off all can sizes to the nearest ounce. Who cares if a specific brand comes in a "14.25 oz" can? Fourteen ounces is all you need to know, because with most foods, such as beans, tomatoes, and corn, an ounce or two variance won't make any difference in the finished dish.

With big-flavor foods such as canned jalapeños, be a little more careful. A 2-ounce difference there could ignite your tongue. If it does, gulp down some milk—not beer—to douse the flames.

If you can't find a particular ingredient in a size close to what's listed in the recipes, buy whatever size is available and use this chart to measure out the right amount.

Can Size	Approximate Volume
4 oz	½ cup
5 oz	⅔ cup
6 oz	¾ cup
8 oz	1 cup
10–12 oz	1¼–1½ cups
14–16 oz	1⅔–2 cups
17–19 oz	2¼–2½ cups
29 oz	3½ cups
46 fl oz	5¾ cups

Border-Patrol Casserole

2 5-oz cans chunk lean ham, drained

2 15-oz cans barbecue baked beans

½ cup shredded reduced-fat Cheddar cheese

How to make it: Preheat the oven to 350°F. Dump the ham, beans, and salsa into a 1½-quart casserole dish. Smother with the chips, cheese, and oregano. Bake for 30 minutes, until the cheese melts and the casserole is heated through.

Makes 6 servings.

Per serving: 587 calories, 18 g fat (27% of calories), 6 g saturated fat, 22 g protein, 85 g carbohydrates, 11 g fiber, 1,610 mg sodium

A Salty Tale

Some canned foods are relatively high in sodium. If you're watching your sodium intake, eat smaller portions of the higher-salt dishes.

Also: ½ 16-oz jar chunky salsa, 1½ cups baked tortilla chips, 1½ tsp oregano

Ham

Luau Pizza

5-oz can chunk lean ham, drained

+

8-oz can crushed pineapple, drained

+

4-oz can chopped or sliced jalapeños, drained

Also: 10-oz can refrigerated pizza dough, ½ 8-oz can tomato sauce, 1 cup shredded low-fat mozzarella cheese

=

How to make it: Preheat the oven to 400°F. Coat a cookie sheet with cooking spray. Unroll the dough on the cookie sheet and press it out to a 12" diameter. Pour the sauce on the dough. Dump on the ham, pineapple, and jalapeños. Top with the cheese. Bake for 13 to 18 minutes, until the crust is golden.

Makes 8 slices.

Per slice: 202 calories, 7 g fat (34% of calories), 3 g saturated fat, 10 g protein, 22 g carbohydrates, 2 g fiber, 725 mg sodium

Grand Opening

Technology has done little to improve the manual can opener invented in 1865. (Electric can openers almost always malfunction before manual ones.) The best manual is the Oxo Good Grips opener, sold for about $10. With its sturdy black grips and turning handle, it's the most rugged utensil in the kitchen.

Ham-and-'Shroom Scramble

5-oz can chunk lean ham, drained

+

6-oz can sliced mushrooms, drained

+

2 eggs + 4 egg whites, beaten

+

½ cup shredded low-fat mozzarella cheese

Also: 15-oz can sliced new potatoes, drained; ¼ cup fat-free milk; ¼ tsp ground black pepper

=

▶How to make it: Preheat the broiler. Coat a medium nonstick skillet with cooking spray. Dump in the ham, mushrooms, and potatoes. Cook over medium heat. In a bowl, mix the eggs, milk, and pepper. Pour into the skillet and cook, stirring once or twice, until the eggs begin to set. Cook undisturbed for 3 minutes, until the eggs are set in the middle but jiggly on top, like Pamela Anderson. Top with the cheese and run under the broiler for 2 minutes, until puffy and golden. Like Pamela Anderson.

▶Makes 4 servings.

▶*Per serving: 248 calories, 13 g fat (49% of calories), 5 g saturated fat, 18 g protein, 13 g carbohydrates, 2 g fiber, 857 mg sodium*

▶Extra credit: Serve with refrigerator biscuits (the kind in the can).

▶Only you can prevent kitchen fires: If your skillet's handle is plastic, double-wrap it in heavy-duty foil so it doesn't melt under the broiler.

Hushpiggies

2 5-oz cans chunk lean ham, drained

+

15-oz package honey cornbread-and-muffin mix

+

2 7-oz cans low-sodium whole-kernel corn, drained

Also: ¾ cup fat-free milk, 1 large egg

=

How to make it: Preheat the oven to 400°F. In a large bowl, combine all the ingredients. Dump the mixture into a 2-quart casserole dish coated with cooking spray. Bake for 20 to 25 minutes, or until puffy and golden.

Makes 6 servings.

Per serving: 496 calories, 23 g fat (41% of calories), 9 g saturated fat, 15 g protein, 59 g carbohydrates, 3 g fiber, 883 mg sodium

Pig in a Pinwheel

5-oz can chunk lean ham, drained

+

⅓ cup reduced-fat cream cheese

+

2 8-oz cans reduced-fat refrigerated crescent-roll dough

Also: ½ cup chopped onion, 1 tsp dried oregano

=

How to make it: Preheat the oven to 375°F. Mash the ham, onion, and oregano into the cream cheese. Separate the dough into 8 rectangles; squish up the remaining perforations to seal. Spread an equal amount of the ham-'n'-cheese mixture over each rectangle. Roll up each rectangle, starting at the short end. Cut each into 4 slices. Place on a cookie sheet and squash slightly. Bake for 15 to 20 minutes, until golden.

Makes 30.

Per pinwheel: 75 calories, 4 g fat (51% of calories), 1 g saturated fat, 2 g protein, 7 g carbohydrates, 0 g fiber, 170 mg sodium

Cluck Finn on a Raft

10-oz can chunk chicken breast, drained and flaked

+

15-oz can refried beans with green chiles

+

4 6" corn tortillas

Also: 1 cup chunky salsa, 2 cups shredded lettuce, 3 sliced scallions, ½ cup shredded reduced-fat Cheddar cheese

=

How to make it: Preheat the oven to 400°F. Put the tortillas on a large sheet of heavy-duty foil and coat all over with cooking spray. Bake for 10 minutes, turning once. Dump the chicken, beans, and salsa in a microwaveable bowl, stir, and nuke on high power for 2 to 3 minutes. Slop an equal amount of the chicken mixture onto each of the baked tortillas. Top each with ½ cup of the lettuce, ¼ of the scallions, and ¼ of the cheese.

Makes 4.

Per raft: 305 calories, 5 g fat (15% of calories), 2 g saturated fat, 26 g protein, 38 g carbohydrates, 9 g fiber, 1,523 mg sodium

Where to find the fixin's: You say you never even knew chicken came in a can? Look in the tuna fish aisle at the supermarket; it's there. And don't worry—it's precooked, so it's not going to give you food poisoning or salmonella or drumstick-and-mouth disease.

'50s-Style Creamed Chicken

10-oz can chunk chicken breast, drained and flaked

11-oz can reduced-fat cream of mushroom soup

6-oz can sliced mushrooms, drained

12-oz bag "no yolk" egg noodles, cooked according to the package directions

Also: ½ cup chopped onion, 2 tsp olive oil, 1 cup fat-free sour cream

▶How to make it: Cook the onion in the oil in a large skillet over medium heat, until tender. Dump in the chicken and stir. Cook for 1 minute. Stir in the soup and mushrooms. Simmer for 10 minutes. Stir in the sour cream over low heat. Heat through and serve over the cooked noodles.

▶Makes 6 servings.

▶*Per serving: 354 calories, 5 g fat (12% of calories), 1 g saturated fat, 22 g protein, 54 g carbohydrates, 5 g fiber, 599 mg sodium*

▶When it's not just you and the TV . . . Top with chopped fresh parsley.

Bombay Chicken 'n' Rice

10-oz can chunk chicken breast, drained and flaked

+

6-oz box curry rice pilaf mix

+

14-oz can diced tomatoes, drained

+

8-oz can peas, drained

Also: ½ cup unsalted cashews

=

▶How to make it: Prepare the rice according to the package directions. After 15 minutes of simmering, stir in the chicken, tomatoes, and peas. Simmer for 10 to 15 minutes more, until the rice is tender and most of the liquid is absorbed. Top with the cashews.

▶Makes 4 servings.

▶*Per serving: 364 calories, 10 g fat (23% of calories), 2 g saturated fat, 22 g protein, 49 g carbohydrates, 6 g fiber, 1,061 mg sodium*

Mandarin Chicken Express

Also: 2 tsp sesame oil, ⅓ cup stir-fry sauce, ¼ cup orange juice, ¼ tsp garlic powder

2 10-oz cans chunk chicken breast, drained and flaked | 10-oz package frozen broccoli, thawed | 5-oz can sliced water chestnuts, drained | 6-oz can mandarin oranges, drained

►**How to make it:** Heat the oil in a skillet over high heat. Dump in all of the other ingredients except for the oranges. Cook and stir for 2 minutes. Top with the oranges.

►Makes 4 servings.

►*Per serving: 270 calories, 7 g fat (24% of calories), 2 g saturated fat, 30 g protein, 20 g carbohydrates, 6 g fiber, 778 mg sodium*

►**Extra credit:** Serve over cooked rice and top with ½ 5-oz can chow mein noodles. You could also doctor this up with a drained 15-oz can baby corn.

Bird on a Biscuit

Also: ½ cup fat-free milk, ⅛ tsp garlic powder, 8-oz package light onion-and-chive cream cheese, 1 tsp oregano

10-oz can chunk chicken breast, drained and flaked | 11-oz can reduced-fat cream of chicken soup | 8-oz can peas, drained | 5 reduced-fat refrigerator biscuits, cooked according to the package directions

►**How to make it:** Dump the soup, milk, and garlic powder into a skillet. Boil for 10 minutes, until slightly thickened. Stir in the cream cheese over medium heat until melted. Dump in the chicken, peas, and oregano. Heat through. Slop an equal amount onto each of the prepared biscuits.

►Makes 5 servings.

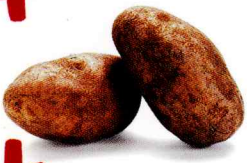
►*Per serving: 284 calories, 10 g fat (33% of calories), 6 g saturated fat, 21 g protein, 26 g carbohydrates, 3 g fiber, 1,400 mg sodium*

►**Extra credit:** Pick up a box of rice pilaf to go with it. Round out the meal by nuking some broccoli.

Tuna Taters

6-oz can low-sodium chunk white tuna

+



2 large baking potatoes

+

10-oz package frozen broccoli, thawed

Also: ¼ cup shredded reduced-fat Cheddar cheese, 1 tsp chili powder

=

How to make it: Wash the potatoes and stab 'em with a fork a few times. Nuke them on high for 8 minutes. Dump the broccoli in a bowl and nuke it for 4 minutes. Mix in the tuna. Cut the potatoes in half lengthwise and scoop out some of the flesh. Plop ½ of the tuna-broccoli mixture onto each spud. Sprinkle each with ½ of the cheese and ½ of the chili powder. Nuke on high for 1½ minutes.

Makes 2 servings.

Per serving: 357 calories, 4 g fat (9% of calories), 2 g saturated fat, 33 g protein, 52 g carbohydrates, 8 g fiber, 210 mg sodium

Tuna Pot Pie

2 6-oz cans low-sodium chunk white tuna

+

11-oz can reduced-fat cream of chicken soup

+

10-oz package frozen mixed vegetables

+

5 reduced-fat refrigerator biscuits

Also: 1 Tbsp sodium-free herb seasoning

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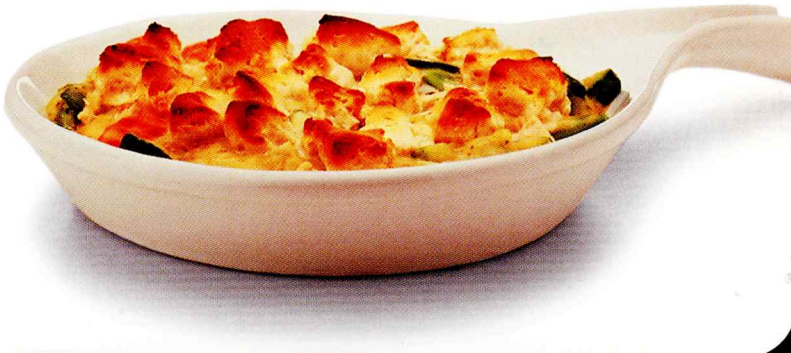


How to make it: Preheat the oven to 375°F. In a bowl, mix the tuna, soup, vegetables, and seasoning. Dump it all into a 1½-quart casserole dish and top with pieces of the biscuits. Bake for 40 minutes.

Makes 4 servings.

Per serving: 260 calories, 4 g fat (14% of calories), 1 g saturated fat, 27 g protein, 29 g carbohydrates, 4 g fiber, 1,034 mg sodium

Go Fish

At least a dozen studies have shown that fish oils called omega-3 fatty acids (a type of polyunsaturated fat) can help protect against a sea of health risks, including heart disease, stroke, lupus, kidney problems, prostate and colon cancers, high blood pressure, rheumatoid arthritis, and even psoriasis. Eating 1 to 2 servings of fish a week can help reduce your heart-attack risk by 45 to 70 percent. And some of the richest sources of omega-3's are salmon, tuna, and mackerel, all of which come in cans.

Fish in a Blanket

2 6-oz cans low-sodium chunk white tuna

+

8-oz package reduced-fat cream cheese

+

4 8″ low-fat flour tortillas

Also: ¼ cup chopped chives, 1 tsp garlic powder

=

How to make it: In a bowl, mash together the tuna, cream cheese, chives, and garlic powder. Mix well. Spackle a thin layer onto ½ of a tortilla and roll it up tightly. Insert a toothpick in the roll-up every few inches. Repeat with the remaining ingredients to make 4 roll-ups. Nuke on high for 30 seconds.

►Makes 4 servings.

►*Per serving: 345 calories, 14 g fat (37% of calories), 8 g saturated fat, 30 g protein, 24 g carbohydrates, 1 g fiber, 576 mg sodium*

Tuna Up Your Eyesight

Scarfing down some tuna once or twice a week could keep you from going blind. A study published in the *American Journal of Clinical Nutrition* tracked the diets of more than 70,000 people. Those who ate canned tuna more than once a week had a 40 percent lower risk of macular degeneration (a leading cause of age-related blindness) than those who ate it less than once a month.

Tuna Roma

2 6-oz cans low-sodium chunk white tuna

16-oz box ziti, cooked according to the package directions

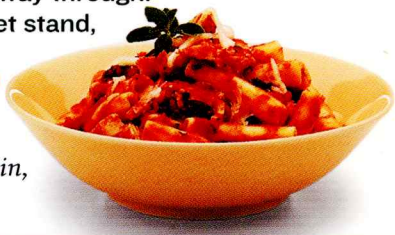
15-oz jar spaghetti sauce with mushrooms

1 cup shredded low-fat mozzarella cheese

How to make it: In a large bowl, toss together the tuna, prepared pasta, sauce, and half of the mozzarella. Cover with waxed paper and nuke on high for 4 minutes, rotating the dish halfway through. Sprinkle the remaining cheese on top. Let stand, covered, to melt the cheese.

Makes 4 servings.

Per serving: 650 calories, 10 g fat (14% of calories), 4 g saturated fat, 43 g protein, 94 g carbohydrates, 6 g fiber, 803 mg sodium



Stuffed Albacore

2 6-oz cans low-sodium chunk white tuna

3 oz shredded reduced-fat Cheddar cheese

3 Tbsp reduced-fat mayonnaise

Also: ½ cup chopped celery, 2 Tbsp orange juice, 4 pita pockets

How to make it: Dump the tuna, cheese, and celery into a bowl. Mix with the mayo and OJ. Stuff ¼ of the mixture into each of the pita pockets.

Makes 4 servings.

Per serving: 351 calories, 9 g fat (22% of calories), 3 g saturated fat, 33 g protein, 36 g carbohydrates, 2 g fiber, 629 mg sodium

Salmon Burgers

3 6-oz cans boneless, skinless pink salmon, undrained

+

11-oz can corn with peppers, drained

+

1½ cups crushed saltines

▶**How to make it:** Dump the salmon in a bowl and mash. Stir in the corn, 1 cup of the cracker crumbs, the onion, the eggs, and the egg white. Spread the remaining ½ cup crumbs on a plate. Form the salmon into 4 burgers and press each into the crumbs on both sides. Heat 1 tsp of the oil in a large nonstick skillet over medium heat. Cook the burgers 2 at a time, 3 minutes per side, until browned, adding the remaining oil as needed.

▶Makes 4.

▶*Per burger: 364 calories, 12 g fat (29% of calories), 4 g saturated fat, 32 g protein, 33 g carbohydrates, 3 g fiber, 1,391 mg sodium*

▶**Extra credit:** Serve with tartar sauce.

Also: ½ cup finely chopped onion, 2 large eggs, 1 large egg white, 2 tsp corn oil or canola oil

=

Salmwiches

6-oz can boneless, skinless pink salmon

½ cup light chive-and-onion cream cheese

8 8" low-fat flour tortillas

Also: 1 cup chopped green bell pepper; 1 onion, chopped; ¼ tsp ground black pepper

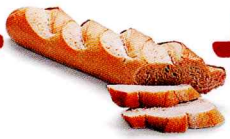
►**How to make it:** Spread the cream cheese on the tortillas. Evenly divide the salmon, bell pepper, onion, and ground black pepper among four of them. Squash another tortilla onto each. Cook each in a dry skillet over medium heat for 3 minutes per side, or until golden. Cut each into 4 wedges.

►Makes 4 servings.

►*Per serving: 349 calories, 9 g fat (22% of calories), 3 g saturated fat, 20 g protein, 51 g carbohydrates, 3 g fiber, 884 mg sodium*

Anchovy-Tomato Toast

½ 2-oz can anchovy fillets, minced



1 French baguette (about a 1-lb loaf), cut into 16 slices (¼" to ½" thick)

1 cup shredded low-fat mozzarella cheese

Also: 15-oz can Italian-style diced tomatoes, drained and finely chopped; ½ small onion, minced; ½ cup jarred pesto

►**How to make it:** Preheat the broiler. Toast the bread slices under the broiler for 1 minute per side, or until just golden. Dump the anchovies, tomatoes, and onion into a bowl and mix. Spread each bread slice with pesto. Plop an equal amount of the anchovy-tomato mixture onto each slice. Top with mozzarella. Run under the broiler for 1 minute, until the cheese melts.

►Makes 16 pieces.

►*Per serving: 112 calories, 2 g fat (16% of calories), 1 g saturated fat, 6 g protein, 18 g carbohydrates, 1 g fiber, 426 mg sodium*

Weenies with the Works

15-oz can low-fat turkey chili with beans

+

7-oz can low-sodium whole-kernel corn, drained

+

6 reduced-fat beef hot dogs, cooked according to the package directions

+

7-oz can sauerkraut, drained

Also: 6 warmed hot dog buns

=

How to make it: In a small saucepan, heat the chili and corn for 5 to 8 minutes. Slap the dogs into buns. Slop an equal amount of the chili mix and the sauerkraut onto each dog.

Makes 3 servings.

Per serving: 624 calories, 26 g fat (39% of calories), 11 g saturated fat, 30 g protein, 63 g carbohydrates, 5 g fiber, 1,539 mg sodium

A Can's Life

The standard "safe" shelf life of canned food is 2 years from the date of manufacture. But consider this: In the 1820s, Sir William Edward Parry carried a 4-pound tin of roasted veal on two expeditions to the Northwest Passage. The can was never opened, so it was kept as an artifact. In 1938, scientists analyzed the 100-year-old contents and found them to be intact both physically and nutritionally. The veal was then fed to a cat, who had no complaints.

According to the Canned Food Alliance, unless your can bulges, is dented, or spurts when opened, the contents are edible.

Cowboy Stew

15-oz can low-fat turkey chili with beans

+

1 lb extra-lean ground beef

+

14-oz can original or barbecue baked beans

Also: 1 onion, chopped; ¼ cup shredded reduced-fat Cheddar cheese

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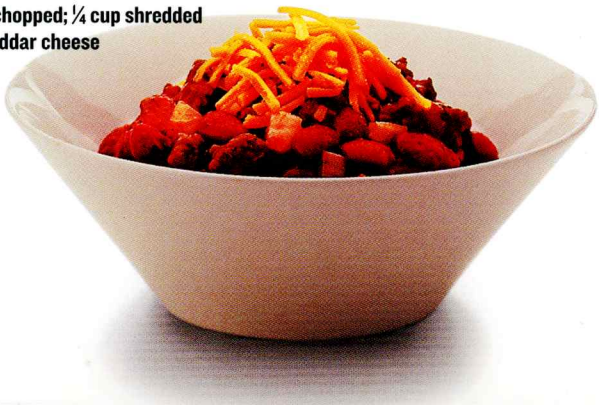

▶**How to make it:** In a large nonstick pan, brown the beef and onion. Drain the grease. Dump in the chili and beans. Simmer for 30 minutes. Toss on the cheese.

▶Makes 4 servings.

▶*Per serving: 444 calories, 16 g fat (34% of calories), 6 g saturated fat, 36 g protein, 36 g carbohydrates, 7 g fiber, 981 mg sodium*

Mondo Nachos

15-oz can low-fat turkey chili with beans

+

13-oz bag tortilla chips

+

8-oz package shredded reduced-fat Cheddar or Monterey Jack cheese

+

4-oz can chopped or sliced jalapeños, drained

How to make it: Preheat the oven to 350°F. Dump the chili and cream cheese into a microwaveable bowl. Nuke on high for 1 minute until the cheese melts, stirring occasionally. Spread a layer of chips in a 13" x 9" pan. Pile on ¼ of the Cheddar or Monterey Jack, ⅓ of the chili mixture, ⅓ of the jalapeños, and ⅓ of the olives. Repeat with 2 more layers, and top with the remaining cheese. Bake for 15 minutes, or until bubbly. Pour on the salsa, then dig in.

Makes 10 servings.

Per serving: 295 calories, 10 g fat (29% of calories), 4 g saturated fat, 16 g protein, 39 g carbohydrates, 5 g fiber, 1,156 mg sodium

Also: 3 oz reduced-fat cream cheese; 5-oz can sliced black olives, drained; 16-oz jar chunky salsa

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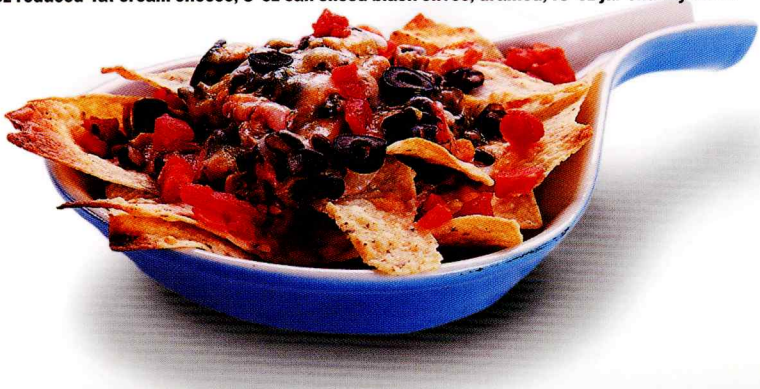


Mexi Can Pie

2 15-oz cans low-fat turkey chili with beans

+

12-oz can beer

+

4-oz jar chopped mild green chiles

+

5 reduced-fat refrigerator biscuits

=

How to make it: Preheat the oven to 350°F. Dump the chili, beer, and chiles into a 1½-quart casserole dish. Top with the biscuits. Bake for 15 to 20 minutes.

Makes 5 servings.

Per serving: 233 calories, 3 g fat (12% of calories), 1 g saturated fat, 14 g protein, 33 g carbohydrates, 5 g fiber, 1,221 mg sodium

Nonperishable Nutrition

A recent study found no practical differences between the nutritional values of fresh and canned foods. Heat processing during canning does release a bit of the food's vitamin C into the canning liquid, but other nutrients remain stable (and C can be retained by using the liquid).

Heat processing may even enhance the nutrients in some foods. Canned beans have a higher fiber content than fresh (dried). Canned tomatoes are richer in cancer-fighting lycopene than fresh. And canned fish has more calcium than fresh-cooked.

Fried Bean Tomatoes

14-oz can original or barbecue baked beans

+

15-oz can Mexican-style stewed tomatoes, with juice

+

7-oz can low-sodium, whole-kernel corn

How to make it: Dump all the ingredients plus 1 cup water into a nonstick skillet. Bring to a boil. Reduce heat to low, cover, and simmer for 10 minutes.

Makes 6 servings.

Per serving: 204 calories, 2 g fat (7% of calories), 0 g saturated fat, 6 g protein, 40 g carbohydrates, 5 g fiber, 464 mg sodium

Also: 1½ cups instant white rice

=

Beans-on-Fritos Pie

1½ 14-oz cans barbecue baked beans

1 lb extra-lean ground beef

8-oz can diced tomatoes

8-oz bag corn chips

How to make it: In a nonstick skillet, brown the beef and then drain the grease. Dump in the beans and tomatoes (with juice). Simmer for 20 minutes. Manhandle the bag of corn chips to crush 'em all up. Layer the crushed chips on the bottom of a serving dish. Slop on the beef mixture, lettuce, and cheese.

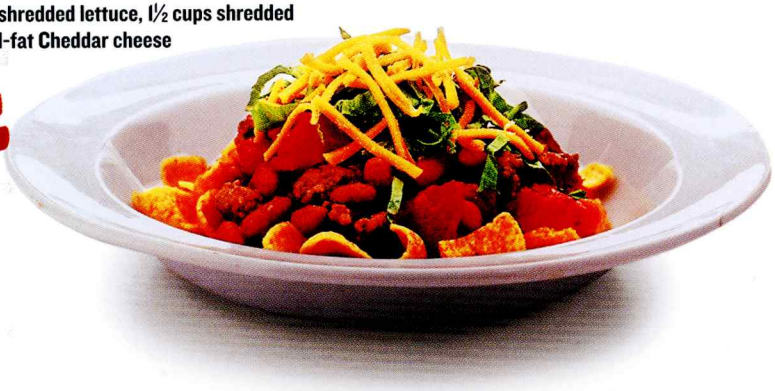
Makes 4 servings.

Per serving: 841 calories, 42 g fat (46% of calories), 12 g saturated fat, 46 g protein, 67 g carbohydrates, 10 g fiber, 1,179 mg sodium

Avoid a Gas Crisis

Add a few drops of liquid Beano to the beans in each recipe so you'll have one less smell to worry about.

Also: shredded lettuce, 1½ cups shredded reduced-fat Cheddar cheese



Three-Alarm Sloppy Joe

2 15-oz cans barbecue baked beans

+

14-oz can diced tomatoes

Also: 1½ Tbsp chili powder, 1 Tbsp garlic powder, 3 whole wheat hamburger buns

=

▶**How to make it:** Dump the beans, tomatoes (with juice), chili powder, and garlic powder into a large nonstick pan, cover, and simmer for 10 minutes. Slop an equal amount onto each bun.

▶Makes 3 sandwiches.

▶*Per sandwich: 531 calories, 9 g fat (15% of calories), 2 g saturated fat, 21 g protein, 93 g carbohydrates, 18 g fiber, 1,407 mg sodium*

The More You Toot, the Better You Feel

Once you get past the gas and pork fat, baked beans are a bona fide health food. Just 1 cup has 13 grams of fiber, to help you lower your colon-cancer risk by as much as 33 percent and your cholesterol by 10 percent. Beans also have folate to reduce levels of homocysteine (an amino acid linked to heart disease), as well as magnesium and potassium to help increase your energy.

Bean-and-Bull Burritos

16-oz can refried black or pinto beans with chiles

½ lb extra-lean ground beef

6 8" low-fat flour tortillas

1 cup shredded reduced-fat Cheddar or Monterey Jack cheese

Also: ¼ tsp garlic powder, ½ cup salsa, ½ tsp dried oregano, juice of ½ lime

How to make it: Brown the beef and garlic powder in a nonstick skillet over medium heat. Dump in the beans, salsa, oregano, and lime juice. Simmer for 5 to 8 minutes, until slightly thickened. Slop an equal amount onto each of the tortillas, top each with an equal amount of the cheese, and roll up.

Makes 6.

Per burrito: 297 calories, 9 g fat (27% of calories), 4 g saturated fat, 20 g protein, 35 g carbohydrates, 5 g fiber, 1,035 mg sodium

Extra credit: Top each burrito with low-fat sour cream, chopped scallions, and more salsa. Have the leftover ½ lime with a shot of tequila.

Tijuana Mac and Beef

15-oz can pinto beans, rinsed and drained

1 lb extra-lean ground beef

2 14-oz cans zesty diced tomatoes with chiles

1 cup elbow macaroni

Also: ¼ tsp garlic powder, 1 Tbsp taco seasoning, ½ cup shredded reduced-fat Cheddar cheese

►**How to make it:** Brown the beef and garlic powder in a large skillet over medium heat. Drain off the grease. Dump in the beans, tomatoes (with juice), macaroni, and taco seasoning. Bring to a boil. Reduce the heat to low, cover, and simmer for 25 minutes, stirring occasionally. Top with the cheese.

►Makes 4 servings.

►*Per serving: 453 calories, 16 g fat (31% of calories), 6 g saturated fat, 35 g protein, 44 g carbohydrates, 9 g fiber, 1,416 mg sodium*

=

Black-Jack Quesadillas

16-oz can black beans, rinsed and drained

4-oz jar chopped mild green chiles, drained

4 8" low-fat flour tortillas

8-oz package shredded reduced-fat Cheddar or Monterey Jack cheese

Also: ½ cup salsa, 1 tsp dried oregano

►**How to make it:** Dump the beans into a bowl and mash. Stir in the chiles, salsa, and oregano. Put a tortilla in a dry skillet over medium heat. Top with ¼ of the cheese. Spread on ½ of the bean mixture. Top with another ¼ of the cheese and another tortilla. Squash the sandwich, then cook for 3 minutes per side, or until golden. Cut into 4 wedges. Repeat with the remaining ingredients.

►Makes 4 servings.

►*Per serving: 357 calories, 11 g fat (26% of calories), 6 g saturated fat, 27 g protein, 44 g carbohydrates, 8 g fiber, 1,460 mg sodium*

=

Spud Skins with Bean Salsa

16-oz can black beans, rinsed and drained

+

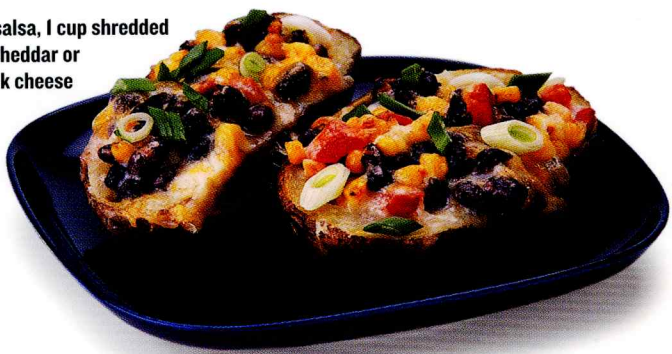
4 large baking potatoes, pricked with fork

+

11-oz can corn with peppers, drained

Also: 1 cup salsa, 1 cup shredded reduced-fat Cheddar or Monterey Jack cheese

=



▶**How to make it:** Preheat the oven to 375°F. Nuke the potatoes for 15 minutes. Let 'em cool, to avoid a trip to the burn unit. Mix the beans, corn, and salsa in a bowl. Cut the spuds in half lengthwise (they're cool now, right?) and scoop out the innards. Coat the skins with cooking spray. Bake, skin-side down, for 15 minutes. Slop an equal amount of the bean salsa and cheese onto each. Bake for another 10 minutes, or until heated through.

▶Makes 8.

▶*Per skin: 219 calories, 3 g fat (10% of calories), 2 g saturated fat, 11 g protein, 41 g carbohydrates, 8 g fiber, 757 mg sodium*

▶**Extra credit:** Use the leftover potato pulp to make mashed potatoes: Reheat it and mash it with ¼ cup low-fat milk, 2 Tbsp butter, salt, and ground black pepper.

Beyond Beano

Rinse canned beans in a colander before cooking. You'll wash away some of the sodium and gas-producing sugar.

Pot-Luck Pasta

2 15-oz cans SpaghettiOs

+

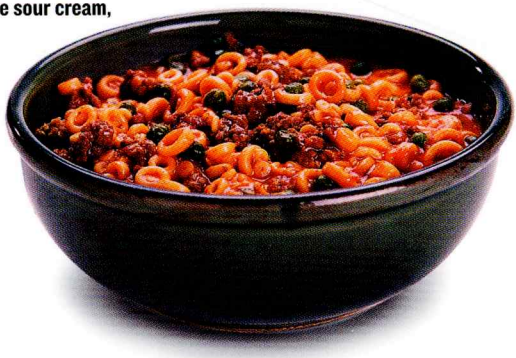
½ lb extra-lean ground beef

+

8-oz can peas, drained

Also: ⅓ cup fat-free sour cream, 1 tsp onion powder

=



▶**How to make it:** Preheat the oven to 400°F. Put the meat in a 1-quart, stovetop-safe casserole dish and cook it over medium heat for about 5 minutes. Dump in the SpaghettiOs, peas, sour cream, and onion powder. Bake for 20 minutes.

▶Makes 4 servings.

▶*Per serving: 308 calories, 8 g fat (24% of calories), 3 g saturated fat, 17 g protein, 40 g carbohydrates, 4 g fiber, 1,059 mg sodium*

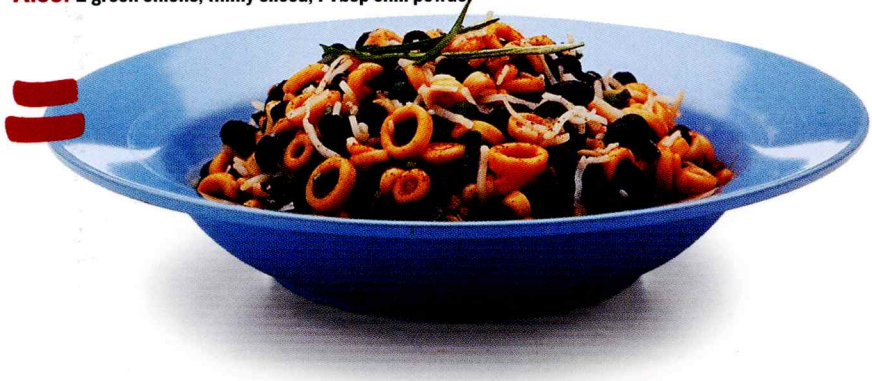
SpaghettiO Western

2 15-oz cans SpaghettiOs

16-oz can black beans, rinsed and drained

2 Tbsp shredded reduced-fat Cheddar or Monterey Jack cheese

Also: 2 green onions, thinly sliced; 1 Tbsp chili powder



▶How to make it: Dump all the ingredients except the cheese into a large nonstick skillet. Cook uncovered over medium heat, stirring occasionally. When it's heated through, sprinkle with the cheese, cover, and cook until the cheese melts.

▶Makes 2 servings.

▶*Per serving: 527 calories, 7 g fat (12% of calories), 2 g saturated fat, 25 g protein, 96 g carbohydrates, 15 g fiber, 2,613 mg sodium*

Uh-Oh? Hell, No

What seems like a terrible thing to do to pasta is a great thing to do to your body. Each can of SpaghettiOs has 10 grams of protein, 4 grams of fiber, and just 5 grams of fat. And that isn't tomato sauce; it's tomato puree—one of the richest sources of lycopene, a phytochemical that may help reduce your prostate-cancer risk by up to 40 percent, boost your immune system, and protect against atherosclerosis.

SpaghettiO Stir-Fry

2 15-oz cans SpaghettiOs

¾ lb extra-lean ground beef

10-oz package frozen broccoli

Also: ¼ cup diced green onion; small red bell pepper, chopped

►**How to make it:** Brown the ground beef in a nonstick skillet. Dump in the SpaghettiOs, broccoli, onion, and pepper, and cook for about 10 minutes.

►Makes 4 servings.

►*Per serving: 335 calories, 11 g fat (30% of calories), 4 g saturated fat, 22 g protein, 35 g carbohydrates, 4 g fiber, 898 mg sodium*

=

Eggs 'n' Os

15-oz can SpaghettiOs

2 eggs + 2 egg whites

2 Tbsp shredded Parmesan cheese

Also: 2 Tbsp fat-free milk, ⅛ tsp garlic powder

►**How to make it:** Preheat the broiler. In a bowl, beat together the eggs, cheese, milk, and garlic powder. Dump in the SpaghettiOs and pour into a nonstick skillet. Cook over medium heat until the egg mixture is almost firm. Run under the broiler for 5 minutes. Allow to set for 5 minutes, then cut into wedges.

►Makes 2 servings.

►*Per serving: 278 calories, 8 g fat (27% of calories), 3 g saturated fat, 16 g protein, 32 g carbohydrates, 2 g fiber, 1,046 mg sodium*

►**Only you can prevent kitchen fires:** If your skillet's handle is plastic, double-wrap it in heavy-duty foil so it doesn't melt under the broiler.

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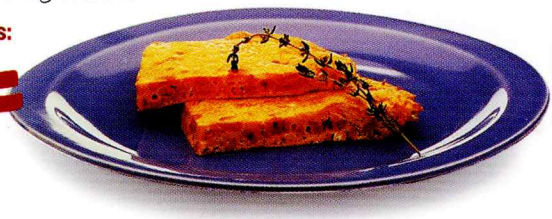


Mushroom Meat Loaf

6-oz can sliced mushrooms, drained and chopped

+

15-oz can original sloppy joe sauce

+

1 lb extra-lean ground beef

Also: 1 cup quick oats, 1 egg, 1 tsp sodium-free Italian seasoning

=

►**How to make it:** Preheat the oven to 350°F. Dump ½ can of the sloppy joe sauce and all the other ingredients into a bowl and mix gently. Squish into a football shape on the foil-lined pan from your toaster oven. Bake for 30 minutes. Pour the remaining ½ can of sauce over the loaf. Bake for 30 minutes more, until the meat is no longer pink.

►Makes 6 servings.

►*Per serving: 281 calories, 10 g fat (32% of calories), 4 g saturated fat, 20 g protein, 27 g carbohydrates, 2 g fiber, 866 mg sodium*

►**Extra credit:** The secret to moist, juicy meatloaf is to handle the meat very gently.

Green-Grocer Goulash

10-oz can mixed vegetables

+

14-oz can original or barbecue baked beans

+

10-oz can vegetable broth

+

12-oz bag "no yolk" egg noodles, cooked according to the package directions

Also: 1 Tbsp paprika

=

▶How to make it: Dump the vegetables, beans, broth, and paprika into a large saucepan. Bring to a boil, then reduce the heat to a simmer for 5 minutes. Cover and cook over low heat for 15 to 20 minutes. Serve over the prepared noodles.

▶Makes 4 servings.

▶*Per serving: 513 calories, 4 g fat (8% of calories), 0 g saturated fat, 22 g protein, 94 g carbohydrates, 11 g fiber, 1,095 mg sodium*

War and Peas

Napoleon Bonaparte knew that "an army travels on its stomach." He offered 12,000 francs to anyone who could develop a method of preserving food for his troops. The cash went to a Parisian brewer who precooked grub, corked it in bottles, and heat-sealed the bottles in boiling water. The British improved the process by using tinplate canisters that were lighter and more durable.

During World War II, canned provisions (C rations) were so vital that G.I.s wore can openers around their necks, alongside their dog tags.

Homeboy Homefries

2 15-oz cans sliced new potatoes, drained

½ 4-oz jar chopped mild green chiles, drained

small red bell pepper, chopped

Also: ½ small onion, chopped; 1 Tbsp butter; ⅛ tsp each salt and ground black pepper

How to make it: Coat a large skillet with cooking spray and heat over medium-high heat. Add the bell pepper and onion and cook, stirring frequently, until tender. Dump in the potatoes and chiles. Cook for 10 minutes, breaking up the potatoes. Stir in the butter, salt, and ground black pepper.

Makes 4 servings.

Per serving: 119 calories, 3 g fat (22% of calories), 2 g saturated fat, 2 g protein, 20 g carbohydrates, 4 g fiber, 640 mg sodium

Maizin' Potatoes

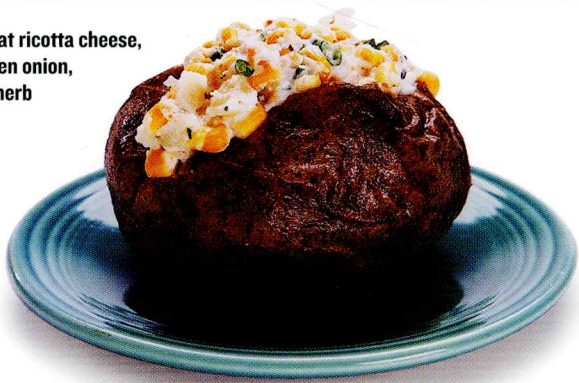
2 7-oz cans low-sodium whole-kernel corn, drained

+

4 large baking potatoes

Also: ¼ cup low-fat ricotta cheese, 1 Tbsp chopped green onion, ½ tsp sodium-free herb seasoning

=



How to make it: Wash the potatoes and stab 'em with a fork a few times. Nuke them on high for 8 minutes. Cut each in half lengthwise. Scoop out the innards and combine them with all of the other ingredients. Refill the skins and nuke on high for 1½ minutes.

Makes 4 servings.

Per serving: 263 calories, 2 g fat (7% of calories), 1 g saturated fat, 8 g protein, 54 g carbohydrates, 7 g fiber, 42 mg sodium

Kernel Quesadilla

2 7-oz cans low-sodium whole-kernel corn

+

4-oz jar chunky salsa

+

1 cup shredded reduced-fat Cheddar or Monterey Jack cheese

Also: 8 6" corn tortillas

=

How to make it: In a large nonstick skillet, stir together the corn and salsa over high heat. Spoon the mixture evenly over 4 tortillas. Toss ¼ cup of the cheese onto each. Place the filled tortillas in the skillet, top each with a second tortilla, and cook for about 3 minutes on each side.

Makes 4 servings.

Per serving: 507 calories, 15 g fat (26% of calories), 6 g saturated fat, 27 g protein, 68 g carbohydrates, 12 g fiber, 1,006 mg sodium

Corn of Plenty

Name one other vegetable you can explode in the microwave and then throw at the TV. Corn contains a type of fiber that helps unclog arteries by lowering your cholesterol. It also has 25 percent of the Daily Value of folate, a B vitamin that may help reduce your heart-disease risk. And it's the best source of lutein, a phytochemical that may reduce your risk of colon cancer and age-related vision loss.

Chunky Kernel Spread

11-oz can low-sodium whole-kernel corn, drained

5-oz can sliced black olives, drained

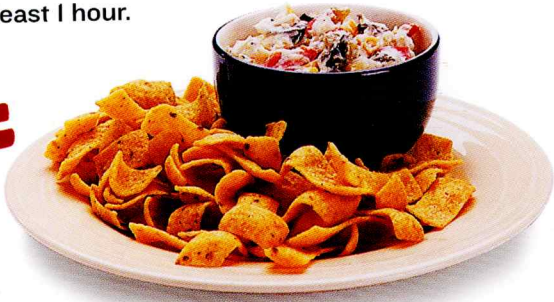
8-oz bag corn chips

Also: 1-oz package ranch dressing mix; 2 8-oz packages fat-free cream cheese; 4-oz jar chopped mild green chiles, drained; small red bell pepper, chopped

How to make it: Mash the dressing mix into the cream cheese until blended. Mix in the corn, olives, chiles, and pepper. Cover and refrigerate for at least 1 hour. Serve with the corn chips.

Makes 4 cups.

Per ¼ cup: 133 calories, 6 g fat (42% of calories), 1 g saturated fat, 6 g protein, 13 g carbohydrates, 2 g fiber, 419 mg sodium



Drunken Corn

11-oz can corn with peppers, drained

½ 12-oz can beer

Also: 1 Tbsp butter

How to make it: Dump the corn and half of the beer into a saucepan. Simmer for 2 minutes, while drinking the other half of the beer. Drain, and stir in the butter.

Makes 4 servings.

Per serving: 103 calories, 3 g fat (23% of calories), 2 g saturated fat, 2 g protein, 16 g carbohydrates, 2 g fiber, 453 mg sodium

Pineapple Party Pork

6-oz can frozen pineapple juice concentrate, thawed

+

2 5-oz cans pineapple chunks, drained

+

1 boneless pork loin (3 lb)

Also: ⅓ cup soy sauce, ¼ tsp garlic powder

=

How to make it: Dump the juice, soy sauce, and garlic powder into a large ziplock bag. Drop in the pork and stick it in the fridge for 8 hours or overnight, turning over occasionally. Preheat the oven to 375°F. Put the pork on the pan that came with your toaster oven (save the marinade). Roast for 10 minutes. Reduce the heat to 325°F. Roast for another 2¼ hours, until the meat registers 155°F on a meat thermometer. (A thermometer is essential equipment for grilling, too—if you don't have one, get one.) Boil the marinade in a saucepan for 5 minutes, until it thickens into a sauce. Chop ½ can of pineapple chunks and stir into the sauce. Pour some sauce over the pork, and garnish with the remaining pineapple. Serve with the remaining sauce.

Makes 10 servings.

Per serving: 213 calories, 5 g fat (22% of calories), 2 g saturated fat, 30 g protein, 11 g carbohydrates, 0 g fiber, 760 mg sodium

Fruit-Cup Shortcake

15-oz can fruit cocktail

+

16-oz can chocolate syrup

+

⅔ cup canned light whipped cream

How to make it: Hack off a slice of pound cake and put it on a small plate. Drizzle on some of the chocolate syrup. Plop on some fruit cocktail. Squirt on some whipped cream.

Makes 8 servings.

Per serving: 394 calories, 11 g fat (26% of calories), 6 g saturated fat, 3 g protein, 69 g carbohydrates, 2 g fiber, 176 mg sodium

Also: 11-oz pound cake

=

Friday Saturday Sundae

15-oz can sliced peaches, drained

+

½ 15-oz can blueberries in syrup, drained

+

1 cup canned light whipped cream

Also: 1 pint low-fat vanilla frozen yogurt

=

▶**How to make it:** Plop a couple scoops of frozen yogurt in a bowl. Drop on some of the peaches and blueberries. Give it 2 quick squirts of the whipped cream.

▶Makes 6 servings.

▶*Per serving: 188 calories, 6 g fat (29% of calories), 3 g saturated fat, 1 g protein, 33 g carbohydrates, 1 g fiber, 24 mg sodium*

Blueberry Thrill

USDA researchers have found that blueberries may help prevent or even reverse some common age-related problems. The berries are rich in an antioxidant called anthocyanin and were shown to improve memory, balance, and motor coordination in animal studies. Anthocyanin is also the part of the fruit that turns your mouth that cool shade of blue.

Third-Cuppa-Coffee Cake

15-oz can sliced peaches, drained

+

½ 15-oz can blueberries in syrup, drained

Also: 17-oz package cinnamon-swirl coffee cake mix, ¾ cup water, 3 Tbsp corn oil, 2 eggs

=

►**How to make it:** Preheat the oven to 350°F. Coat an 11" x 7" pan with cooking spray. Prepare the cake mix according to the package directions, using the water, oil, and eggs. Dump half of the prepared batter into the pan. Plop in the peaches and blueberries. Spread on half of the cinnamon-swirl mix. Spoon the remaining batter over the top. Spread with the remaining swirl mix. Bake for 25 minutes, until a toothpick comes out clean.

►Makes 15 servings.

►*Per serving: 206 calories, 7 g fat (31% of calories), 2 g saturated fat, 2 g protein, 33 g carbohydrates, 0 g fiber, 135 mg sodium*

Cherry Chocolate Chippers

15-oz can cherry pie filling (or pick your favorite flavor)

18-oz tube refrigerated chocolate chip cookie dough

¾ cup rolled oats

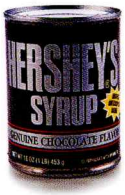
►**How to make it:** Preheat the oven to 350°F. Mash the oats into the cookie dough. Press the dough into the bottom of a small (8") skillet, forming an even layer. Plop on the pie filling. Bake for 20 to 25 minutes. Cut into wedges.

►Makes 16 wedges.

►*Per wedge: 313 calories, 9 g fat (26% of calories), 3 g saturated fat, 7 g protein, 53 g carbohydrates, 4 g fiber, 73 mg sodium*

Cansicle

15-oz can cherry pie filling, frozen in can



½ 16-oz can chocolate syrup

1 Tbsp brandy

Also: ½ tsp vanilla extract

►**How to make it:** Dig out the frozen contents of the cherry can and dump into a blender. Pour in the chocolate syrup, brandy, and vanilla. Blend until almost smooth. Pour into a shallow metal pan and stick it in the freezer for 2 hours, or until frozen. Shave off servings with a spoon. Transfer extra portions to an airtight container to store frozen.

►Makes 4 servings.

►*Per serving: 281 calories, 1 g fat (2% of calories), 0 g saturated fat, 2 g protein, 64 g carbohydrates, 2 g fiber, 47 mg sodium*

BBQ Beer Ribs

½ 12-oz can beer

+

1 ½ cups spicy tomato juice cocktail

+

1 cup honey barbecue sauce

+

8 boneless country-style pork ribs (6 oz each), fat trimmed

Also: 1 tsp Worcestershire sauce

=

How to make it: Dump all the ingredients into a ziplock bag. Down the leftover ½ can beer. Stick the bag in the fridge for 2 hours or overnight. Throw the ribs on the grill for 15 minutes.

Makes 8 servings.

Per serving: 352 calories, 17 g fat (50% of calories), 6 g saturated fat, 33 g protein, 5 g carbohydrates, 0 g fiber, 238 mg sodium

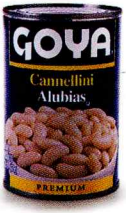
A Short History of Tallboys

The world's first can of beer was sold by Kreuger Beer in Richmond, Virginia, on January 24, 1935. This momentous occasion revolutionized the brewing industry: Compared to bottles, cans were lighter, more compact, more stackable, more durable, and quicker to chill. Not to mention more fun to crush against your forehead.

Beer-'n'-Sausage Bake

¼ cup beer

+



15-oz can cannellini beans, rinsed and drained

+

14-oz can Italian-style stewed tomatoes

+

6 oz turkey sausage

How to make it: Preheat the oven to 425°F. Cook the sausage in a skillet over medium heat. Remove to a plate. Add the celery, carrot, and onion. Cook for 10 minutes. Dump the veggies into a casserole dish and stir in the beer, beans, and tomatoes (with juice). Crumble in the sausage and mix everything up. Top with the bread. Cover with foil. Bake for 20 minutes. Uncover, drizzle the butter over the bread, and bake (without foil) for 8 to 10 minutes, or until the bread is golden.

Makes 4 servings.

Per serving: 626 calories, 17 g fat (24% of calories), 7 g saturated fat, 25 g protein, 93 g carbohydrates, 13 g fiber, 1,663 mg sodium

Also: 2 ribs celery, chopped; 1 carrot, chopped; 1 onion, chopped; 2 cups cubed French bread; 2 Tbsp melted butter

=

Game-Day Stew

12-oz can beer

+

1½ pounds beef round pot roast, cubed

+

15-oz can sliced new potatoes, drained

+

11-oz can tomato soup

Also: 15-oz can carrots, drained; 2 onions, cut into wedges and separated; 2 tsp oregano; 8-oz can peas, drained; 6-oz can sliced mushrooms, drained

=

▶**How to make it:** Preheat the oven to 300°F. Dump all the ingredients except the peas and mushrooms into a large, deep casserole dish. Mix, cover, and stick it in the oven. Grab a beer and some munchies (try the Chunky Kernel Spread on page 34), and go watch the football game. At halftime (or after 2 hours, whichever comes first), go back in the kitchen and dump in the peas and mushrooms. Shove it back into the oven, and go back to the game for another ½ hour. Then just slop some stew into a dish, get another beer, and chow down.

▶Makes 6 servings.

▶*Per serving: 353 calories, 9 g fat (22% of calories), 3 g saturated fat, 36 g protein, 27 g carbohydrates, 5 g fiber, 915 mg sodium*

▶**Extra credit:** Serve with crusty bread.

Beer Clams on the Barbie

½ 12-oz can beer

+

¼ cup honey barbecue sauce

+

3 dozen littleneck clams, scrubbed

Also: juice of ½ lemon

=

How to make it: Fire up the grill. Dump the clams on a very large sheet of heavy-duty foil and drizzle with the lemon juice, barbecue sauce, and beer. Fold the foil loosely over the clams, leaving room for the clams to open, and crimp the edges to seal. Put the foil pack on the grill, cover, and grill for 15 minutes, until the clams open and the liquid in the foil is bubbling. Discard any unopened clams.

Makes 4 servings.

Per serving: 104 calories, 1 g fat (7% of calories), 0 g saturated fat, 10 g protein, 10 g carbohydrates, 0 g fiber, 208 mg sodium

Simple, Fast, Tasty Meals!

STEP-BY-STEP RECIPES!

'50s-Style Creamed Chicken

10-oz can chunk chicken breast, drained and flaked
11-oz can reduced-fat cream of mushroom soup
6-oz can sliced mushrooms, drained
12-oz bag "no yolk" egg noodles, cooked according to the package directions

How to make it: Cook the onion in the oil in a large skillet over medium heat, until tender. Dump in the chicken and stir. Cook for 1 minute. Stir in the soup and mushrooms. Simmer for 10 minutes. Stir in the sour cream over low heat. Heat through and serve over the cooked noodles.

Makes 6 servings.

Per serving: 354 calories, 5 g fat (12% of calories), 1 g saturated fat, 22 g protein, 54 g carbohydrates, 5 g fiber, 599 mg sodium

When it's not just you and the TV . . . Top with chopped fresh parsley.

Also: ½ cup chopped onion, 2 tsp olive oil, 1 cup fat-free sour cream

Book Facts	
Serving Size 50 recipes	
Main ingredients per recipe	About 5
Avg prep time per recipe	30 min
Breakfasts	4
Sandwiches	8
Munchies	9
Dinners	25
Desserts	4
Special cooking and nutrition tips	15
Easy-to-clean pages	43
Color photos	236

INGREDIENTS: HAM, CHICKEN, FISH, CHILI, BEANS, SPAGHETTIOS, VEGGIES, FRUIT, BEER

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